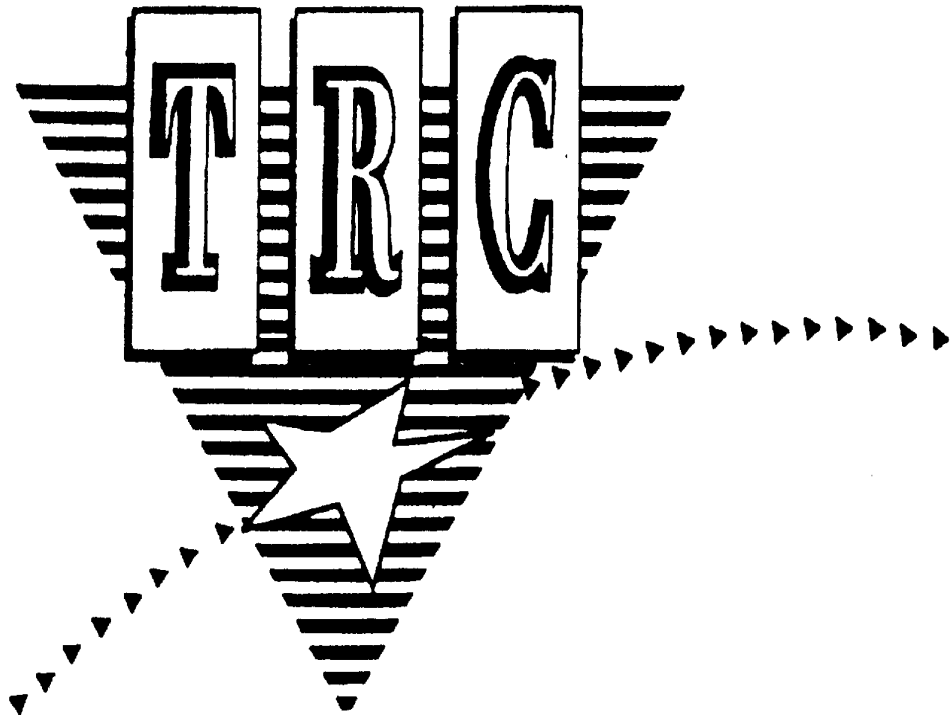


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
WELLNESS BROCHURE
JUNE 2, 2014 - AUGUST 16, 2014**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday and Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:
July 4, 2014

REGISTRATION NOTES

1. Registration for Spring semester is Saturday, May 10, 2014 from 9:00am - 12:00pm and Monday, May 12, 2014 through Friday, May 16, 2014 from 8:15am until 6:00pm.
2. Be sure to note the days that each program will not meet during the semester.
3. All participants must register and pay programs fees (when applicable) each semester prior to participation. *Fees are nonrefundable!*
4. Some programs are limited in size and are filled on a first come, first serve basis.
5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.
6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to MTRC.
7. Mailed registrations will not be accepted. Wellness members must register at TRC. After-school participants can register on-line or at TRC.

The “Montgomery Therapeutic Recreation Center Wellness Program” is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician’s medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants participants to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. The lab is open daily from 8:00am - 12:00pm. Members can contact the lab technician for any questions or requests.

One-on-One Computer Instruction

TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can choose one session or several based on individual needs. Scheduling will be done with the lab coordinator.. See lab Technician for schedule.

Cost:.....\$10.00 per session
2 sessions \$15.00
3 sessions \$20.00
Contact:.....Joye Bigelow

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Fri.
Time:.....10:00am - 12:00pm
Contact:.....Joye Bigelow



WELLNESS

On the Move (Lap Swim)

Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. A certified lifeguard is on duty. **ONLY LAP SWIMMING IS ALLOWED.**

.....**Day/Time:**.....
Mon. & Fri......1:00 - 1:45pm
Tues., Thurs......7:15 - 7:45am
Tues, Wed., & Thurs....12:00 - 12:45pm
Contact:.....Jeffery Barlow

The early bird catches the worm and gets healthy in the process.
 Catch MTRC's Early Bird Series.

Early Bird Series This program is structured for you to get an early start to your day feeling great. The series will include an exercise class, lap swim and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty!

.....**Day/Time:**.....
Mon/Wed......Exercise Class
Time:.....6:00 - 6:45am
Tue/Thurs...... Create your own
6:00 - 6:45am
Fri:.....Lap Swim
6:00 - 6:45
Contact:.....Jeffery Barlow

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized.

.....**Day/Time:**.....
Mon. & Fri......12:00 - 12:45pm
Tues. & Thurs......8:15 - 9:00am
Wed......1:00 - 1:45pm
Limit:.....30
Contact:.....Jeffery Barlow

WELLNESS

Energize Me Morning, Noon or night, this class is just what you need to get moving: It's a well rounded, fun and energetic water exercise class that will have you pumped up in no time. This class increases the cardiovascular, tones muscle and helps promote better flexibility. This class is open to individuals with any disability

.....Day/Time.....
Mon.....8:15 - 9:00am
9:15 - 10:00am
6:00 - 6:45pm
Tues.....10:15 - 11:00am
1:00 - 1:45pm
6:00 - 6:45pm
Wed.....8:15 - 9:00am
9:15 - 10:00am
Thurs.....10:15 - 11:00am
1:00 - 1:45pm
Fri.....8:15 - 9:00am
9:15 - 10:00am
Sat.....9:15 - 10:00am
Contact:Jeffery Barlow

Outdoor Lap Swim Get an early start to your day with TRC. The outdoor pool will be open for adult lap swimming.

.....Day/Time:.....
Day:.....Mon. - Fri.
Time:.....8:00 - 9:00am
Contact:.....Jeffery Barlow

The outdoor pool will be open Mon., June 2, 2014.

Have it Your Way (open pool) This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor.

Day:.....Mon. & Tues.
Time:.....5:00 - 6:00pm
Contact:.....Jeffery Barlow

TRC Spec's This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a supportive group environment while you have fun exercising.

Day:.....Tues. & Thurs.
Time:.....9:15 - 10:00am
Contact:.....Jeffery Barlow

Family Splash Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to three family members only.

.....Day/Time:.....
Thurs.....5:00 - 6:45pm
Sat.....10:15 - 11:45am
Contact:.....Jeffery Barlow

Aqua Zumba Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba Class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!!. Aqua shoes required**

Day:.....Mon. & Wed.
Time:.....11:00 - 11:45am
Contact:.....Ralph Evans

Please keep in mind MTRC'S pool policies which are posted in the pool area. If you have any questions, please see aquatics coordinator.

Please be mindful that appropriate swimwear is mandatory for all MTRC aquatic programs.

**AQUATIC CLASSES-
 The rear pool
 door open
 5 minutes before
 each class begins.**

Registration begins Sat., May 10, 2014 and ends Fri., May 16, 2014

WELLNESS

Stretch - Tone This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups; abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats.

Day:.....**Mon. & Wed.**

Time:.....**10:15 - 11:00am**

Contact:.....**Chris McNeil**

Land Exercise (Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program.

Day:.....**Tue & Thurs.**

Time:.....**10:15 - 11:00am**

Contact:.....**Chris McNeil**

Individual Fitness Room

TRC has now increased hours with supervised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will **NOT** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer.

.....**Supervised**.....

Mon. - Fri.....**8:15 - 11:00am**

Tues. & Thurs.....**5:00 - 6:00pm**

Sat.....**9:00 - 11:00am**

.....**Unsupervised**.....

Mon. - Fri.....**6:00 - 8:00am**

.....**11:00am - 3:00pm**

Age:.....**18 years and older**

Contact:.....**Christopher McNeil**

The Adult Fitness & Wellness Assessment

This new program in General Recreation is for those who want to track their progress and to assess what they are doing to meet their wellness goals. If you are interested in this program, schedule a time with Chris.

Day:.....**Tues., Wed. & Thurs.**

Contact:.....**Chris McNeil**

MTRC offers Lockers for your convenience. They are available for \$10.00 per semester.

There will be a \$5.00 late fee for any member registering after Fri., May 16, 2014.

WELLNESS SOCIAL CLUBS

Potluck Brunch Come eat and fellowship!! Do you enjoy socializing with others and enjoy eating a good meal? Then feel free to bring your covered dish and enjoy this great fellowship. Hosted by TRC's Art's and Craft Department.

Day:.....**First Thursday of the month.**

Time:.....**10:15 - 11:15am**

Contact:.....**Deshanoe Ishman**

Socializing With The Wise Club Come join the wise club in great group discussions, fun filled games, great food, and good laughter. This awesome social setting will energize you. Just sit, eat, play, and enjoy.

Time:.....**10:15 - 11:15am**

Cost:.....**\$7.00 a month**

Contact:.....**Deshanoe Ishman**

Parkinson's Support Club This fun support group will keep you informed of the latest medical research treatments of the disease. Knowledgeable speakers share valuable information about the disease. A light dinner will be served for a small donation. We meet the fourth Thursday of every month at Frazer Methodist Church in the activity fitness building, room # 8114.

Day:.....**4th Thursday of the month**

Time:.....**6:00 - 8:00pm**

Contact:.....**Mary Honeycut**

Phone # Home: (334) 277-9732 **Cell** (334) 221-7368

Join one or all of MTRC's social clubs, one or all of our social clubs are just right for you!

WELLNESS

That's What Friends Are For This is a small arts and crafts class for the physically challenged. You learn how to create all different types of crafts from things you never imagine. Craft projects are worked on during the year and in October are entered in the Alabama National Fair. The members of the class work on crafts until noon then have lunch together.

Day:.....Tuesdays
Time:.....10:00am - 1:00pm
Age:.....(18 and older with physically impaired)
Cost:.....\$10.00
Limit:.....6
Contact:.....Pamla Tilghman

WELLNESS DAY PROGRAMS AND ACTIVITIES

Senior Ceramics & Acrylic Painting

Looking for a great way to have fun, meet new people, learn a new skill, all while being creative. Come join the Creative Arts Department in acrylic painting. We will provide the acrylic paint (basic colors) but additional supplies must be purchased by the participants.

Day:.....Wednesdays
Time:.....10:00 - 11:00am
Limit:.....10

(Open to adults with disabilities)

Contact:.....Deshanoe Ishman

Simple Sewing Class

Simple Sewing Class. This is a beginner sewing class. Come learn how to make simple pillows, aprons, handkerchief etc. Bring your own material and come and learn.

Day:.....Mondays
Time:.....10:00 - 11:00am
Limit:.....6
Contact:.....Pamla Tilghman

Please feel free to bring your own ceramic project to work on in our ceramics class. We will help you create a masterpiece.

BAD WEATHER

Call MTRC at (334)240-4595 to check for program cancellations during inclement weather.

SUMMER 2014 REGISTRATION FORM

Please Print:

Name: _____ Home Phone: _____ Level: I II III

Daytime Phone: _____ Parent/Guardian: _____

E-Mail Address: _____@_____

Address: _____ Emergency Contact: _____

City: _____ State: _____ Zip: _____ Disability _____

Directions: Please indicate the activities your child would like to attend this semester

Camp Horizon (\$60.00) Extended Care (\$10.00) Day Program (\$ 60.00) Extended Care (\$10.00)

____ Week 1: June 9-12	____ Week 1: June 9-12	____ Week1: June 9-12	____ Week 1: June 9-12
____ Week 2: June 16-19	____ Week 2: June 16-19	____ Week 2: June 16-19	____ Week 2: June 16-19
____ Week 3: June 23-26	____ Week 3: June 23-26	____ Week 3: June 23-26	____ Week 3: June 23-26
____ Week 4: June 30-July 3	____ Week 4: June 30-July 3	____ Week 4: June 30-July 3	____ Week 4: June 30-July 3
____ Week 5: July 7-10	____ Week 5: July 7-10	____ Week 5: July 7-10	____ Week 5: July 7-10
____ Week 6: July 14-17	____ Week 6: July 14-17	____ Week 6: July 14-17	____ Week 6: July 14-17
____ Week 7: July 21-24	____ Week 7: July 21-24	____ Week 7: July 21-24	____ Week 7: July 21-24
____ Week 8: July 28-31	____ Week 8: July 28-31	____ Week 8: July 28-31	____ Week 8: July 28-31

Ongoing Programs

____ TRC Strikers ____ Blue Marlin Swim Team ____ Pediatric Play

Adapted Sports

____ MTRC Overtime

Special Events

____ Summer Fun at the Heart of Dixie	____ Six Flags	____ MTRC Pool Time
____ Lunch & Bowl	____ MTRC Skate Center	
____ Lunch & A Movie	____ MTRC Arcade	

Wellness

____ Open Lab	____ AEP	____ Stretch - n - Tone	____ Parkinson's Support Club
____ One - On - One	____ Have it Your Way	____ Land Exercise	____ That's what Friends are For
____ Energize Me	____ TRC Spec's	____ Early Bird Series	____ Wellness Assessment
____ On the Move	____ Family Splash	____ Individual Fitness Room	____ Senior Ceramics
____ Outdoor Lap	____ Aqua Zumba	____ Potluck Brunch	____ Simple Sewing
		____ Wise Club	

Method of payment: ____ Cash ____ Check # _____ Locker Fee _____ \$10.00 Locker # _____

Wellness Fee: _____ Late Fee: _____ \$5.00 Other Fee/s _____

Total Amount Due: \$ _____ Amount Received: \$ _____ Date Received: _____

Received By: _____ Receipt # _____ Receipt Given: ____ Yes ____ No

Montgomery Therapeutic Recreation Center

604 Augusta Street

Montgomery, Alabama

334.240.4595

City Officials

Todd Strange, Mayor

Michael Briddell, Director of Public Information & Extra Affairs

Leisure Services

Rob Spivery, Director

Kay McCreery, Superintendent of Recreation

MTRC Staff

Fredrick L. Thomas, CTRS, Director

Jeffery Barlow, Aquatics Coordinator

Joye Bigelow, Resource Lab Coordinator

Chris McNeil, General Recreation Coordinator

Pamla Tilghman, Creative Arts Coordinator

Brad Ellis, General Recreation Instructor

Kristy Harris, Transportation Coordinator

Sampson Cotton, General Recreation Instructor

Marie Walker, General Recreation Instructor

Tyjuan McMillian, Aquatics Instructor

Carolyn Singleton, Secretary

Deshanoe Ishman, CTRS, Asst. Creative Arts Coordinator

Taylor Barnett, Night Aide

Wendy Dobbs, CTRS, Assistant Director

Coratio Vinson, Adapted Sports Coordinator

Ralphina Evans, Asst. Aquatics Coordinator

Tia Rolle, General Recreation Instructor

Deborah Duncan, Aquatics Instructor

Chris McGhee, General Recreation Instructor

Edward Woods, General Recreation Instructor

Ralph Chrishon, General Recreation Instructor

Katie Johnson, General Recreation Instructor

DeCarlos Chrishon, Aquatics Instructor

David William, Custodian

Montgomery Therapeutic Recreation Center is a Facility of the City of Montgomery Leisure Services Department